

**REHABILITATION OF CHILDREN IN INTENSIVE
NATURAL-ECOLOGICAL AND SOCIAL-HYGIENIC CONDITIONS**

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Abstract: One of the urgent and socially significant tasks of pediatrics is the development of preventive medicine. Children who are susceptible to frequent and prolonged acute respiratory diseases (ARD) deserve special attention. Among natural physical factors, the most accessible is climatotherapy, the main methods of which are arotherapy, heliotherapy, and thalassotherapy. A new technology for hardening the child's body using the method of cryo-massage of the feet has been developed and scientifically substantiated, causing the release of biologically active substances through stimulation of reflexogenic zones in the foot area, subsequently causing a wide range of physiological changes.

Keywords: children, health improvement, acute respiratory diseases, climatotherapy, hydrotherapy, speleotherapy, halotherapy, balneotherapy, aromaphytotherapy, aeroionotherapy.

INTRODUCTION

Children who are susceptible to frequent and prolonged acute respiratory diseases due to the high risk of developing chronic pathology, various forms of allergies and autoimmune processes, significant impairments in the functional state of the body, and adverse effects on the growth and development of the child deserve special attention [1, 2].

MATERIALS AND METHODS

Depending on age and social conditions, frequently ill children make up from 15 to 75% of the child population (Baranov A.A., 2016; Tatochenko V.K., 2017; Chertok T.Y., 2017, etc.). Numerous studies indicate that frequent ARDs are accompanied by a decrease in the immunological reactivity of the child's body, lead to disruption of the functioning of various organs and systems, and compromise the immune system, often leading to a breakdown of compensatory and adaptive mechanisms.

RESULTS AND DISCUSSION

Comprehensive rehabilitation of frequently ill children with a preliminary examination includes the stages of sanitation of foci of chronic infection, correction of functional abnormalities, hardening of the body with strict adherence to routine measures [3]. The possibility of adverse reactions to pharmacological drugs determines the priority of using non-drug methods of nonspecific prevention of acute respiratory diseases.

Health-improving non-drug technologies in pediatrics include a wide range of modern technologies of natural and preformed physical factors that have a beneficial effect on the state of the immune, nervous and other systems of the body, the level of protective and adaptive reactions [4].

Among natural physical factors, the most accessible is climatotherapy.

Climatotherapy is the use of various meteorological factors, climate characteristics of a given area, as well as special climatic influences for preventive and therapeutic purposes.

Climatic factors are natural irritants and have a complex physical and chemical composition, including temperature, pressure, humidity, air movement, electric and magnetic fields, radiant energy, chemicals released into the air by plants, and other parameters.

Speleotherapy is one of the forms of children's health through a long stay in the microclimate of karst and other caves, salt mines, grottoes, mines, etc. Features of the microclimate depend on the nature of the underground premises. The main therapeutic factors are the constancy of microclimatic conditions with a relatively low temperature (16–18 °C) and air humidity (30–40%), the presence of highly dispersed aerosols, salts, the predominance of negatively charged ions, and the absence of allergens.

Hydrotherapy is a method of therapeutic and preventive influence of fresh water on the body in the form of baths, showers, douches, rubdowns, compresses, etc.

When applied externally, fresh water has a thermal and mechanical effect on the body, the ratio and severity of which is determined by the type of hydrotherapy procedure. The combined effect of these factors causes reflex reactions of the body, manifested by various physiological and therapeutic effects. In children's physiotherapeutic practice, rubdowns, douses, compresses, medicinal showers, fresh and medicinal baths are more often used.

Dry-air bath (sauna) is a method of healing and treatment in an air bath, in which the human body is exposed to thermal effects of hot (temperature 60–90 °C) and dry (relative humidity 10–15%) air. Thermal heating causes a change in the speed of propagation of nerve impulses, leads to increased blood circulation, dilation of blood vessels, redistribution of blood flow between superficial and deep-lying tissues, internal organs. These vasomotor, hemodynamic effects are aimed primarily at stimulating the thermoregulatory, cooling functions of the body, and upon leaving the sauna, at their inhibition.

Balneotherapy is one of the methods for improving the health of children. This is a method of influencing the body with natural (artificial) mineral and gas waters for external or internal use. Currently, balneotherapy is widely used in

resorts and in non-resort settings [1]. The use of balneological methods in pediatrics has its own characteristics, due to the unique age-related reactivity of the child's body.

Follow-up observations carried out after 6 and 12 months showed the persistence of the therapeutic effect. After 6 months, the number of ARDs and exacerbations of chronic diseases of the ENT organs per child decreased by 2.2 times, after 12 months – by 1.6 times. The number of days a child was absent from kindergarten due to illness in the year after the CMS course decreased by 33 days.

CONCLUSION

Thus, at present, to restore and preserve the health of children, their health, a wide range of natural and artificial physical factors are used to increase the adaptive capabilities of the child's body, the level of functional reserves, and improve the functioning of the immune system.

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